

Getting Ready to Go Home



Barriers in Your Home

You should think about possible barriers in your home and share this with your therapist:

- › Number of stairs
- › Bedrooms on the second floor
- › Size and location of bathroom(s)

To help in planning for your discharge, your nurse or therapist needs to know if someone is going to be with you when you go home, and for how long each day.

When Your Care is Continued

Most patients are able to go home after back surgery. If you are not ready to return home when you are discharged, you may be moved to a rehabilitation facility to continue your recovery.

The equipment recommended by your health-care providers, such as a reacher or a stocking aid, is not covered by insurance or Medicare, but can be acquired at several locations in the community (see Community Resource Handout).